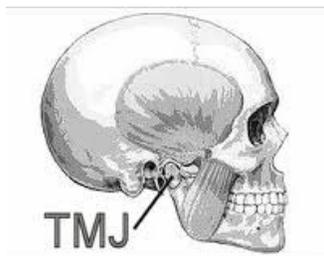


Jennifer Fawcett DC was married August 27th to Curtis Smith.

# HEALTHY HABITS

## Temporomandibular Joint Disorder

Talking, drinking, chewing, yawning—all of these basic activities involve the temporomandibular joint [TMJ]. The TMJ joins the upper and lower jaws, connecting the mandible to the skull. Because it is involved in all types of jaw movement, issues with this joint can result in significant pain or impairment. The causes of TMJ pain vary and include dental problems, poor posture, behaviours that create muscle tension [eg. teeth grinding/clenching, habitual gum chewing or nail biting], jaw trauma, medical conditions such as osteoarthritis or myofascial pain syndrome. Sometimes joint hypermobility can allow the disc to slip out of place, putting pressure on the structures around the joint and causing pain. The symptoms of TMJ disorders may include headaches or pain in the neck, shoulder or face. Patients may experience discomfort at the jaw joint itself or the pain may refer into the ear or cheek and worsen when the jaw is opened or closed. Clicking or popping sounds are often heard. Self care options such as ice packs and over-the-counter pain relievers may be useful for temporary pain relief. Physiotherapy interventions may include stretching and strengthening exercises for the jaw, head and neck; stretching and mobilizing stiff joints; and stabilizing loose joints. Laser, ultrasound or electrical stimulation may help reduce inflammation.



## New Resistance Chair Exercise System

This is a new product on the market and is endorsed by physiotherapists. It is available in the Sears catalogue this Fall and Winter and has been featured on The Shopping Channel. I feel it has great merits for the aging population or for those with disabilities as well as for general exercise. More information can be obtained on the website [www.wheels-of-fitness.com](http://www.wheels-of-fitness.com). Check it out!



## WALK TO HEALTH

What makes walking an effective weight loss tool? Walking can easily be incorporated into your lifestyle. The risk of injury in a walking program is significantly less than in a running or aerobics program. It is relatively low impact and therefore is kind to your joints. It burns calories—exercising increases your metabolism, meaning that you begin to burn more calories at rest than a sedentary individual. Dieting alone causes the metabolism to slow down meaning that your body needs fewer calories in order to live. When you exercise and modify your eating habits, your body loses fat, while toning the entire body.

Exercise also helps to reduce stress and tension, which is associated with a decrease in the compulsion to over eat. Our bodies need about 10 calories per pound of body weight to sustain our basal metabolism, the energy needed to maintain the body's basic functions like breathing, circulation, etc.

### CALORIE EXPENDITURE—WALKING

	SPEED	BODY WEIGHT [lbs]	
		120	175
Walking	2mph	165 cal/hr	196 cal/hr
	3.5mph	280 cal/hr	330 cal/hr
	5 mph	335 cal/hr	480 cal/hr

A 130 lb. sedentary adult needs 1690 calories to maintain current weight-1300 basal calories + 30% above basal calories [.30x1300=390]